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Belting the blues

Blues musician Suzie Vinnick wowed a full house during her concert at the Dominion Hotel on July 24. Pictured, Vinnick describes her favourite guitar, Kermit, named for the colour. /TIM YANO special to the Times

AH public workers save the day for boy atop Dorset Tower

by JAMES MATTHEWS

Local Journalism Initiative Reporter

One recent day in Dorset was more than mere business as usual for some Algonquin Highlands public workers.

And it didn't go unnoticed.

Adam Thorn, the township's public works director, filled council in on the minutiae of life in the township's Department of Public

Works since the last meeting. The monthly report of June activities detailed regular maintenance chores, building checks, the replacement of a failed generator.

There was talk of plot maintenance at the cemetery and a vehicle out for repairs. Various inspections at various sites for, well, various reasons.

It was all standard Public Works fare that too often goes unnoticed by too many residents because such chores are often behind the scenes. Unless there's a road being torn up in summer or cleared of snow in winter.

"We're moving along through our projects pretty good," Thorn said at the end of his monthly update.

But kudos were extended during the township council meeting July 20 for a beautiful act of kindness July 18 at the Dorset Scenic Lookout Tower that showed heroes aren't found only in the thickly shaded and richly ink-accented pages of Marvel and DC comics.

In this case, the heroes for one individual had been going about a day like any other.

Councillor Julia Shortreed related a story she'd recently heard about two of Thorn's staff

"They were working up there and there was a problem up at the top of the tower with a young lad who was terrified to come down," Shortreed said. "Nobody knew what

see TOWN page 2



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The standalone sign in the window of the Minden Stedmans has prompted questions from locals and visitors about whether the building will open up at all this summer. /EMILY STONEHOUSE Staff

Stedmans back in business...soon

by EMILY STONEHOUSE

Editor

Don't worry, we won't have to wait much longer for the Minden Stedmans to open its doors again.

"Only three or four more weeks," said Faisal Rasool, the owner of the business, when he spoke to the *Times* on July 19.

The building closed in early 2023, with brown paper plastered in the windows, and a vague sign saying "Reopening spring 2023!" Over the months, the original hot pink of the sign has dulled down from sun exposure, and left the community with nothing but questions.

While rumours swirled around about delays based on township regulations acting as a barrier for the re-opening, Rasool said that he was primarily met with support from the Minden municipality. "We ran into a problem with one of the pillars in the original building," he said, "so we had to bring in a structural engineer, and so we worked with the township on that." The Times reached out to the township for additional information, but did not receive a response at the time of this

Rasool shared that the setback with the pillar cost them an additional month for the rebuild.

Yet, now that the structure is in place, he and his team can focus on the details that will put the business back on the

"We gutted the whole building from the inside," he said, "and it looks like a whole new store now." While Rasool appreciated the range of products that the former owner had in place, he redid the space with considerations put towards what he noted was selling the best, such as crafts, toys, and clothing.

Now that the building is completed, Rasool said that they are in the final stages of putting this merchandise onto the shelves. While the end is in sight, Rasool shared that he still has one final challenge ahead of him. "It's really hard finding people to work," he said, noting that he is nowhere near his desired staffing capacity for the doors to open. He hopes that changes once the doors open.

The *Times* will provide further updates on this developing story as it continues to take shape.

Town staff, ice cream save the day

from page 1

to do, so Adam's two guys went up the tower ... coaxed him into coming down, bought him a shirt and ice cream."

Thorn's smile radiated pride for his colleagues.

"It's going above and beyond what we do," said Thorn. "And it's really great to see that we have staff that have that mentality, that want to help, that will step outside and help someone like that."

It wasn't that the staff members climbed the tower and carried the boy down.

"They actually took the time to convince him and to really go through to make sure he was going to be okay with coming down mentally. So he could get over that fear. It was really

"Much appreciated effort," said Mayor Liz Danielsen.

Karl Mueller and Ryan Simms were working at the tower park that day when a woman entered the gift shop at about 3 p.m. The woman said a mother and her son, who was about eight years old, were at the top of the tower.

The boy was too frightened to make his way back down.

The mom of the boy wanted to know if there were any non-911 emergency services locally that could come and help.

The boy was crying and became even more agitated and filled with panic when his mom attempted to help him down the tower. They had been up there for almost two hours by that point.

Mueller and Simms immediately went up the tower and talked to the mom and son. They calmed the boy and brought him all the way down the tower steps.

Simms and Mueller gave the lad an "I Climbed the Dorset Tower" shirt and an ice cream to assuage his trauma.

Mueller has been with the town for 10 years, while Simms has been with the department for about three years.

"They are familiar with the Dorset Tower as they perform regular maintenance operations at the site," Thorn said after the council meeting. "They both take the lead on performing their tasks to the best of their ability, but their actions here go above and beyond just doing a good job."

NDP promise to open up Minden ED

by EMILY STONEHOUSE

Editor

The closure of the Minden Emergency Department (ED) continues to get political. Chris Glover, the MPP for Spadina-Fort York visited Minden on July 21 to chat with locals about the realities of a small town that has not had an ED since June

"I've come here today because w e need a hospital," said Glover. "We're going to keep putting the pressure on this government.'

Glover noted that his appearance in Minden was one of four check-ins that the NDP were doing around the province; keeping tabs on the temperature regarding how Ontarians are feeling about the current Ford government.

"Minden is ground zero for protecting rural healthcare," said Glover, referencing the eight other emergency departments that were slated to close across Ontario this past weekend.

While he acknowledged that there is validity to the reasoning behind staffing shortages at local sites, Glover was able to track the root of the shortages back to Doug Ford. "We do have staffing shortages," he said, "but this government is fuelling that."

Glover was referencing Bill-124, which caps the wages for nursing staff, making it an industry that is impossible to grow into, and challenging to recruit for.

"This government kept talking about how healthcare workers are heroes," said Glover, referring specifically to the COVID-19 years, "but that's just hypocrisy."

Glover is confident that while the reasoning behind the closures are cited as staffing, it's actually part of a bigger plan to inch closer towards privatization of healthcare; something the Ford government has toyed with before. He shared how the current government likes to use the word "innovation" as a bait to hide their ulterior motives. "Innovation is just



MPP for Spadina-Fort York Chris Glover holds the laptop with the leader of the Official Opposition, Marit Stiles on a call during a press conference on July 21 in the Village Green. /EMILY STONEHOUSE staff

code for privatization," he said, "and this closure is about

After Glover met the attendees of the information speakers session, he then welcomed Marit Stiles, the leader of the Ontario New Democratic Party, and the Official Opposition via Zoom. Stiles visited Minden on May 25, and has since been an advocate for re-opening the Minden ED at Queen's Park. "I want you to know that we are there with you," she told the hushed crowd through the laptop screen, "this is a fight to save lives."

Stiles and Glover wrapped up the community consultation with a promise: if the NDP win the provincial election in 2026, the Minden ED will open once again. The news was received with cheers of support amongst the small crowd.

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VIRTUAL & IN-PERSON COUNCIL MEETINGS

Council and Closed Session meetings are currently being conducted with a hybrid model of in-person and electronic participation in accordance with the Municipal Act. Meetings begin at 9:00 AM unless otherwise noted. The schedule of upcoming meetings are:

> July 27 - Regular Council Meeting August 31 – Regular Council Meeting

Please note Council Meetings are reduced to one (1) meeting a month in July and August.

Members of the Public are invited to observe Council proceedings by attending in person or joining a live-stream link available on the township CivicWeb Portal at mindenhills.civicweb.net/Portal/MeetingTypeList. aspx or by using the direct link provided in the notice. Meeting agendas are not displayed during the meeting; please download by visiting our CivicWeb Portal at mindenhills.civicweb.net/Portal/MeetingTypeList.aspx. Please note the live stream file/video will be available to the public for the duration of one week after the Council Meeting.

TENDER OPPORTUNITIES

Keep informed of current projects available to bid on by visiting our website at mindenhills.ca/en/local-government/bid-opportunities for a list of available tender opportunities.

ACCESS TO WASTE DISPOSAL SITES

Remember that access to waste disposal sites requires a current landfill card, which have been extended to December 31, 2023. Do you rent your cottage? Your renters require a cottage kit one-time pass to access waste disposal sites, contact the Township at 705-286-3144 to get your cottage kit one-time passes

EMPLOYMENT OPPORTUNITIES

Come join our team! We are currently looking to fill the following positions: Building Inspector/MLEO

· Community Services Operator

Stay informed of current job postings by visiting our website at mindenhills. ca/en/local-government/careers for a list of available employment opportunities.

WASTE WIZARD APP

Download the Waste Wizard Mobile App from the app store on your Android or iOS mobile device to search items for proper disposal, to receive reminders about upcoming events and to be notified about unexpected waste site closures. In your app store, search "Haliburton County Waste App" and download the Haliburton County Waste Wizard, then choose Minden Hills as your community.

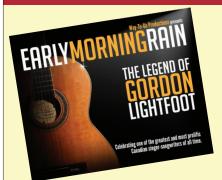
CULTURAL CENTRE EVENTS

Bateman Family: A Sense of Place is on display in the Agnes Jamieson Gallery until September 2. This personal family exhibit features original paintings and limited-edition prints by renowned artist and naturalist Robert Bateman; Alan, Brad, Jack & Ross Bateman, and photographs by Birgit Freybe Bateman. The Gallery is open Tuesday to Saturday from 10 am – 4 pm. Admission is by donation. For more information, please call 705-286-3763, email culturalcentre@mindenhills.ca or look at the events calendar https://calendar.mindenhills.ca/default/Detail/2023-07-06-1000-Bateman-Family-A-Sense-of-Place.

Outdoor Movie Nights at the Minden Hills Cultural Centre: Presenting Secretariat (July 27), Atlantis: The Lost Empire (August 10) and Strange World (August 24). Bring your own lawn chair, blanket and snacks. Movie starts at dusk. Admission by donation. For more information, please call 705-286-3763 or email culturalcentre@mindenhills.ca.

The Minden Hills Museum & Heritage Village and Nature's Place is now open for the season Tuesday to Saturday from 10 am - 4 pm. Handson activities take place every day at 11 am and 2 pm including volcano experiments, laundry day and rock painting. Don't miss the Victorian Tea Party on Friday July 28 at 2 pm! Admission is by donation. For more information, please call 705-286-3763, email culturalcentre@mindenhills. ca or go to our website at https://www.mindenhills.ca/en/News/mediarelease-23-54-mhcc-july-programs.aspx.

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HHHS Brings Together Emergency Services at Haliburton Site

Emergency services are no longer available at the HHHS Minden site.

This change came into effect on June 1, 2023, as a result of severe and on-going staffing shortages.

If you are in need of serious medical attention, always CALL 911.

Anyone needing emergency care can access services at the Haliburton site (7199 Gelert Road, Haliburton).

Visit www.hhhs.ca or call 705-457-1392 for more information.



Dorset Rec Centre rehab work nears its start

by JAMES MATTHEWS

Local Journalism Initiative Reporter

There's been a handful of changes to the Dorset Recreation Centre rehabilitation project's scope of work.

The work will start after just a couple more details are ironed out.

Travis Wilson of Engage Engineering, a firm based in Peterborough, explained those changes to Algonquin Highlands council July 20 and provided the finalized costs and scope of project.

The project's fixed fees include \$81,500 for administration, \$106,000 for the design, and \$950,062 for the construction.

That's a total fixed cost of \$1.14-million. There's also a proposed cash allowance of a little more than \$275,000.

Engage engineers and municipal staff have been working with the Gonneau Building Group since the request for proposals closed.

Site meetings have focused on the centre's heating, ventilation, and air conditioning system (HVAC); its front entrance façade; accessibility requirements for entrances; and waterproofing the exterior foundation.

Those issues delayed the project's start. But town staff and Gonneau Building Group, which is the design-builders, have come up with a more detailed plan and budget for the

To cut costs, the revised design will entail only a ventilation system as opposed to the previous HVAC system.

Wilson said this will ensure that all rooms are properly ventilated to prevent future mould growth. Previous HVAC designs approved by council were found to not be as practically implemented as previously believed. If kept with the previous design, the HVAC system would have cost \$527,000, which would have been \$427,000 more than budgeted.

Municipal staff requested that upgrades be performed to the front entrance that will increase the building's curb appeal. A cost and a cash-allowance for the design has been provided. The design cost will provide multiple options to council, but it should be noted the cash-allowance is included as a place-holding cost.

"There's no way to really know the actual cost without having council approve a (design)," Wilson said.

Depending on the façade chosen, the con-

struction cost will likely change. At that time, council will have a better understanding of the fixed fee.

Council will also be provided options for the accessible entrances designs. Gonneau and municipal staff have agreed to complete the sealing of the facility via exterior waterproofing.

Wilson said the township may wish to include a 10 per cent contingency allowance. That would be about \$140,000, according to Wilson's report to council.

The key difference between a cash allowance and contingency is that the cash allowance is expected to cover known but undetailed costs. A contingency is for the unknown costs.

"The contract is pretty much complete with a few minor items to be completed," Wilson said.

Mayor Liz Danielsen said beginning the recreation centre's rehabilitation work has been a long time coming.

"In many people's minds, (it's been) far too long coming," she said. "That just adds to the level of satisfaction to see it finally moving ahead."

She said there remains decisions to be made.

"If we are going to go ahead with a project of this magnitude, I would like to see us include the accessibility aspects and improvements to the front façade," she said. "This is the best time to do it. We'll never get a better price to do it."

Deputy Mayor Jennifer Dailloux asked if opting for a ventilation system as opposed to the full HVAC option would require upgrades sooner

Adam Thorn, the township's public works manager, said the initial plan was to change the heating source. But the new scope of work will have them utilizing existing baseboard heaters.

"As we move forward with any of our buildings we keep assessing them annually and, as things need to be replaced, we will be looking at that," Thorn said.

Using anything other than electric heat for the heating source would be costly.

Electric heat is sustainable, he said, and future work would require simple baseboard unit upgrades as needed.

Wilson said, with the scope of work changes and with some air quality assessments, the project could still be finished by the end of the year.



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Tim's Camp: A life-changing experience

by VIVIAN COLLINGS

Times Staff

At ten years old, Kayla Gardiner was brought to live in Minden permanently through the Youth in Care system.

At a traumatic time and seeing little hope for the world, she was given an opportunity that would change everything, for the rest of her life.

Within the very first week of moving to Minden, she and her brother were told they were chosen to attend one of Tim Horton's camps, funded by proceeds raised on Tim's Camp

"Every time Camp Day comes up, we feel so passionately about it because it really structured the rest of our lives," said Gardiner. "Camp was kind of a brace to the impact of being told we would be living up here permanently. It was the worst-case scenario for us at the time, but it was also the best week of our lives at camp in the middle of all that."

Tim's Camp provided Gardiner with experiences she will treasure forever, but it also did much more.

It provided her with life skills to navigate difficult times, and instilled deep compassion for those living through simi-

"Leaving that camp, I always said I wanted to help kids in the same way in my community just like those counselors did for me," Gardiner said.

Memories to last a lifetime

Through funds raised on Camp Day at Minden Tim Horton's, both Gardiner and her brother were given a selection of five Tim's Camps to choose from.

They each decided on a camp requiring plane travel, having never flown in an airplane before.

She chose Tim Horton Children's Ranch, a horse ranch in the mountains of Kananaskis, Alberta.

"It was the trip of a lifetime, even beginning at the airport. I was taken to meet the pilots on the plane, and got to travel all alone until the counselors came on the plane to get me once



Kayla Gardiner ended up moving back to Alberta for part of her adult life because of her experience at Tim Horton Children's Ranch at age 10. /Submitted

we landed in Alberta, which was a big deal for a 10-yearold," she said.

Gardiner's birthday happened to land on one of the days of her week-long adventure.

She will always remember gathering in the dining hall with the whole camp celebrating her.

"It was also my first time ever horseback riding as well, so we rode up a mountainside, and we camped overnight on one of the peaks in Kananaskis."

The main structure of the camp was to provide children with tools to help them through their own circumstances.

"At that time, we didn't really have someone in our lives to show us the way or teach us these things other than at school, so being in a camp environment really shows the structure of how important things like goal setting, building relationships, teamwork, and responsibility are," Gardiner said.

The basis of Tim's Camp was to collect four GR8 beads, each representing a different skill.

Gardiner still has her GR8 bead bracelets to this day.

'We were in culture shock when we first moved to Minden, but camp instilled a love for travel," she said. "We've each lived in multiple places around the world, and we both credit the camp to opening our eyes to where you can go in life."

A shifted perspective

"At that camp, I decided, 'this is the direction that I would prefer my life to go.""

Gardiner got involved in helping other children through the Youth in Care system.

"I wanted to advocate the benefits of being in care and going through the system but how you can come out on the other side," she said.

She became a camp counselor herself and a youth dance instructor, always wanting to be a positive light for other children.

"Tim's Camp showed that other people cared when we had very little hope for the world while we were going through something that was beyond us," Gardiner said. "It does really shift how you're going to come back and attack those problematic situations.

Gardiner and her brother both call Haliburton County home to this day.

"Camp really made us want to get involved in life in Minden. Our whole attitude changed after that."

To learn more about Camp Day and Tim's Camps, visit timscamps.com/what-we-do/our-camps.

"People don't realize that their coffee actually changes kids' lives," Gardiner said.











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Gone

EMILY STONEHOUSE

E'VE VANISHED. For our loyal followers on social media, some may have noticed that our online presence has dwindled since last week. While the *Minden Times* and the *Haliburton Echo* are print newspapers, with two millennial editors at the helm, we've dedicated time and energy into building our online presence for our readers.

Now this doesn't mean we post all of our articles online. We do believe in the beauty of unfolding a fresh paper each week. There's something about the ink on your thumbs and the smell of fresh coffee that boasts a sense of comfort. We strive to provide that each and every week.

We believe in print, but like so many others over the past decade, we've learned to wade into the waters of the

online world. We primarily use our channels to direct readers to our papers; remind folks what's featured, and keep the buzz of the business ablaze.

We also use social media as a way to connect; to feel like we are part of the community, and showcase both the shimmers and the shadows of Minden Hills.

Until last week. I logged on to Instagram to share a photo that was featured in the *Times*, only to be greeted by a message that said in bold black letters "People in Canada can't see your content. This account is a news publication. Content from news publications can't be viewed in Canada in response to Canadian government legislation."

I've lost the year's worth of photos I've shared; the collective community archive that highlights baseball games, Canada Day, snow storms, and water levels. The pictures that tell the stories from our corner of the world. They're gone. Every single one.

I understand that if you search "Minden Times" on our online channels, some folks can still see the images. This seems like a transition time. But I, as the curator and editor of the page, can no longer post, and the images and stories will no longer organically appear during the average scroll.

I won't get into the nitty-gritty of why this happened. But I will say that the censorship is a direct response from Bill C-18, which the Canadian government passed late last week. The bill was formed in an attempt to reignite the smoldering embers of the journalism industry; forcing online corporations to pay for the content these news agencies produce.

Google and Meta (the conglomerate behind Facebook and Instagram) have responded to this regulation by shutting down access to online news agencies, as they're not in support of paying for the content. If you would like more information, I would recommend reading articles on the bill that are available online (which requires a little more digging than it used to, but is more complex than what I can fit into a 700-

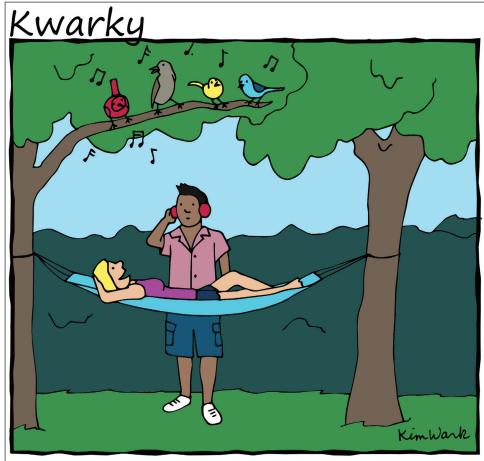
word editorial).

Between the Canadian government and these online platforms, the small-town newspapers are stuck like a child between two bickering parents on the brink of divorce. We rely heavily on using social media to connect with our community, and by blocking our posts, our voices have been silenced.

Suddenly, the "fake news" that runs rampant on the internet charges to the forefront of scrolling eyes. We need to be cognizant of the content that saturates our minds, and adding real news to the chopping block will cast a dark shadow over the veritability of truth.

So, we've vanished. You won't see us online for the next little bit. Maybe ever. I am really not sure how it will turn out. But please don't give up on us. We're still here. We will be posting articles on our website when we can, and we also offer paper and online subscriptions which are readily available. Or, go oldschool and pick up a copy from anywhere local. We do guarantee that it pairs well with coffee.

We know we will lose some of our audience, but as the quiet kid at the mercy of two bickering parents on the brink of divorce, we hope the dust settles



"I've got my summer playlist."

Be careful what you fish for

HERE IS a difference between dreams and reality – and I can think of no greater example of this than taking your grandson fishing for the first time.

In my mind, I envisioned Hudson being a angling prodigy. I'd hand him the spinning rod and reel, he'd give it a once over, adjust the drag setting a bit, open the bail, and cast the worm and bobber out 80 feet, into just the right spot. Then, he'd casually hook a nice bass, play it skillfully and finally say, "That was too easy. Do you think we can try fly fishing?"

That was the dream. In real life, I had to tell him, "No, no. You hold the end with the cork handle."

His casting needed work. In fact, by the time the second cast was done, there were more wind knots than line.

So, after I untangled the line, first from Hudson, and then from the rod and reel, I retied the rig, added an-

other worm to the hook, and cast for him. It took him six attempts to set the hook, but finally he caught what I honestly believe is the smallest bass I have ever seen. I took a photo of it, and he took great joy in sending it back into the water. (I think he might have pitching ability.)

A few minutes later, however, he was bored. So, I cast and hooked a puny sunfish which he reeled in. The good news was that a horde of sunfish attacked the same worm, and we could see them, so Hudson got a little excited again. So excited that he accidentally kicked our box of worms into the water

As I watched helplessly as the current took those worms to freedom, I couldn't

help but think that this was not going the way I envisioned. We then tried fishing with plastic grubs. The sunfish were interested, but the bait was too big and they could never get their mouths around it.

Hudson then let it be known that he had enough of fishing. We had been there for 10 minutes.

I thought about convincing him to stick it out for a while, but then I also realized that you can't and shouldn't force these things on a kid so young.

By this time, he was throwing stones and looking at bugs and doing all the other age-

appropriate things.

But then he said something that made me cringe a bit. He said, "Oompah, let's go home and play Candy Land."

That statement hit me hard. On the drive home I came to the realization that maybe the fishing gene skipped a generation. Maybe my only grandson wasn't cut out to be a great fisherman.

I still smiled because I love the boy and it was good to be with him. And I took comfort in the fact that he was really getting good with the bow I had bought him – and he enjoyed it too.

But I won't lie, there was a small hole in my heart, thinking that I might not be able to teach my grandson to fly fish because fishing didn't interest him. And I guess I almost lost hope.

When we got home and stepped in the door, Jenn said, "Well, how did it go?"

I was about to break the bad news, when Hudson said, "Great! We caught a couple of huge fish!"

I smiled, and thought, "My God. He's a natural."



STEVE GALEA *Beyond 35*

INOTHERWORDS

Columns and Letters to the Editor

A time of skim and scan

VERY OLD guy with snow-white hair and snow-white beard fishes the ocean for weeks without catching anything. Finally, he catches a mighty marlin, but sharks eat it before he can get it to shore.

Tough luck. Stuff happens. Move on to the next story.

That's a likely Internet simplification of Ernest Hemingway's classic The Old Man and the Sea. A quick scan. No details. No context. No messages. No learning. The kind of thinned out, often inaccurate, stories we see on social media sites every day.

If you went to a library and read the book you'd discover the full story and



JIM POLING SR. From Shaman's Rock

its valuable messages. The main message being that life is a struggle with an inevitable end, but perseverance and dignity can help us through it.

Sadly, many of us don't go to librar ies or get our information through print sources. We scan and skim smartphones, tablets and PCs for news and information on which we base our opinions and decisions. Brief, incomplete, often manipulated stuff presented

The majority of people living in the developed world now have fingertip online access to just about all factual information that exists. Yet we are mov-

ing farther away from consuming complete, balanced, factually-based information needed to help solve the many difficult issues facing today's societies.

Research has found that individuals instructed to find specific information online found it faster than others using printed encyclopedias. However, the online searchers were less able to recall the information accurately.

A New Zealand university study concluded back in 2014 that online reading has a negative impact on people's cognition. The study, titled Is Google Making Us Stupid? found that concentration, comprehension, absorption and recall rates were much lower when people read text online.

Research shows that the digital age also is reducing our attention spans. Some experts say the attention span of a learner now averages 20 minutes.

So, when we skim and scan online we go through more material, but comprehend it less than if we had read it on paper. That's not good news considering that we face major issues that demand action supported by thoughtful and accurate information.

The move away from reading printed newspapers, magazines and books has happened astonishingly fast and is increasing. U.S. newspaper and periodical revenue has fallen 40 to 50 per cent in the past decade, and Canadian figures are believed to be similar.

A Canadian Book Consumer Study says 19 per cent of Canadians borrowed a book from a public library in 2021. Also, The Canadian Pediatric Society has said that while 20 per cent of adolescents never read a book, almost 50 per cent frequently read blogs.

Print has tried to fight back by offering their products digitally, with little success. Many newspapers, for instance, are offering skim and scan headlines that encourage one- or two-minute reads that don't come close to giving readers a full sense of what is happening.

Nothing is gained in bemoaning this change in society. We are living through a Digital Revolution, also being called the Third Industrial Revolution. Digital life online is here to stay, shrinking the importance of

The goal now should be to build the benefits of online reading while restricting the detriments. Young people especially need to learn how to avoid the negatives of online reading and increase concentration and absorption.

How can that be done? Good question but few solid answers.

There are suggestions like doing more online reading on a large screen, rather than a cellphone. Taking pencil and paper notes during online research is another suggestion.

The Internet is only 30 years old and there simply has not been enough research on how time spent on computers affects cognitive development, especially in children. More research is needed to find practical ways to ameliorate the detrimental impacts.

Libraries perhaps hold part of the answer. They are places where print and digital share space, offering the advantages of book learning and online

Libraries also are great equalizers. Many people who can't afford books or a digital devices get access to information, print or digital, with a library card.

Outdoor movie nights at the MH Cultural Centre

Outdoor movie nights return! Join us under the stars at the Minden Hills Cultural Centre for three family-friendly movie nights. Movies begin at dusk (approximately

- July 27: Secretariat (2010)
- August 10: Atlantis: The Lost Empire (2001)
 - August 24: Strange World (2022)

Don't forget your lawn chair, blanket, and snacks! Admission is by donation. No pre registration is required. All films are rated PG.

The Minden Hills Cultural Centre includes the Minden Museum and Heritage Village, Nature's Place and the Agnes Jamieson Gallery. The Cultural Centre is located at 176 Bobcaygeon Road, Minden, and is open Tuesday to Saturday, 10 a.m. to 4 p.m.

For more information, please call the Community Services Department at 705-286-1260 x 542 or, visit the Township of Minden Hills website at https://www.mindenhills.ca/events.

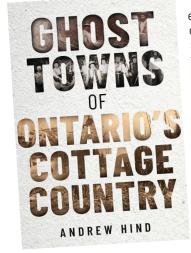
Submitted



Feeling blue

Tammy Nash snapped this photo of a young blue jay in her backyard in Algonquin Highlands. /TAMMY NASH Special to the Times

HCPL's Book of the Week



From the northern shores of Georgian Bay to the eastern reaches of the Kawarthas, Ontario's cottage country is littered with vanished villages, including settlement-era farm communities, railway whistle-stops, and logging hamlets. In Ghost Towns of Ontario's Cottage Country, readers will venture into Ontario's past to learn how these communities lived and died and to meet the people who invested their hopes and dreams in them. Dozens of photographs, many historical and never before published, bring these ghost towns back to life.

Features over a dozen villages from across Parry Sound and Nipissing, Muskoka and the Haliburton

Ghost Towns of Ontario's Cottage Country by Andrew Hind is available to borrow from the Haliburton County Public Library.

by JAMES MATTHEWS

Local Journalism Initiative Reporter

Algonquin Highlands has been maintaining pieces of roads between larger sections maintained by other authorities.

Adam Thorn, the township's public works manager, said staff have been looking into how it came to be that the municipality has been maintaining small sections of larger thoroughfares.

He said during the July 20 council meeting that the township has been working the sections for about 10 years.

"How we came to maintain them, unfortunately there's just not any information that I've been able to find," Thorn said. "I think it was just started and carried on, unfortunately."

The township has identified three roads that it has maintained but has portions on Crown land.

On Crown Lake Road, the municipality conducts only summer maintenance on just 3.75 kilometres from the Livingstone Lake Road and Troutspawn Lake Road intersection. Where the Township maintained section ends, the road continues on as a Ministry Forest Access Road.

Town staff undertakes year-round maintenance on a 0.4-kilometre portion of Last Turn Lane from Troutspawn Road. Where the township-maintained section ends, the road continues on as a privately maintained road on Crown land. No winter maintenance is conducted beyond the township-maintained portion.

The township currently conducts year-round maintenance on a 0.2-kilometre portion of Wolf Circle from Hollow Road. A 0.1-kilometre portion of the township-maintained road occupies Crown land.

The road continues on as a privately maintained road on private property. Winter maintenance is conducted beyond the township-maintained portion of the road by a private contractor.

"I'm sure there's an interesting history there somewhere," Mayor Liz Danielsen said.

Danielsen recommended council not seek jurisdiction over the sections of road, but continue to do minor maintenance.

The township would have no authority to govern, manage, intervene, or otherwise be involved in any use by the public including hunting, snowmobiles, or all-terrain vehicles, meaning any concerns or conflicts must be directed to the provincial Ministry of Transportation or the OPP.

All signage denoting municipal management would be removed from the roads.

There are regulations on the books that permits minor maintenance on a Crown road, including snowplowing.

The subject roads will be removed from the Asset Management Plan.

Legal counsel and the municipal insurance company advised in a similar situation on the Bear Lake Road that liability remains an issue because the township is not an agent of the Crown.

According to a report to council, should there ever be a catastrophic accident, the township cannot escape a gross negligence claim because it's doing work on a road it does not own, and since the province is immune from liability, any claim will fall to the township.

"It would seem to me that the best thing to do ... is to proceed with the same process that we've got in place with Bear Lake Road," she said.

Ultimately, council deferred a decision on what to do about

the sections of road

As the township will be carrying on with minor maintenance as has been done for the last decade, Councillor Lisa Barry said council's decision would be formalizing the practice.

Minor seasonal maintenance as it is means providing patrolling once a month or as needed due to a weather event, grading once a month or as needed due to a weather event, culvert clean-outs or replacements as needed, removing beaver dams from culverts, ditching, and sign maintenance, among other chores.

Angie Bird, the municipality's CAO, agreed. She said a policy will be brought to council for adoption. She said there's been attempts at communication with the province, but the township has yet to get a response on the issue.

"I just think that if something goes wrong, like there's a

culvert or something that needs replacement, it sets the line of what we're willing to do as minor maintenance," Barry said.

Thorn said it's common for municipalities to maintain small portions of roads under the jurisdiction of other authorities.

"That happens a lot throughout municipalities just because of paperwork or staff changing or things out of our control, really, that we start maintaining a small portion in stretches and stretches," Thorn said.

"I can only assume that's kind of what happened."

Council will maintain the status quo regarding those three bits of thoroughfares for at least the rest of the summer.

Algonquin Highlands has another 0.1 kilometre of Highway 35 on land owned by the Ministry of Transportation. That access road ends at the Buttermilk Falls Dam.

Council directed municipal staff to reach out to the ministry for feedback on that piece of road.



Going batty

The Land Trust offered a session on bats, called Go Batty on Saturday, July 22 in Dahl Forest. Led by Ralph Baehre and Coleen Drew-Baehre, the group were provided with bat detectors, which turn the echolocation signals from ultrasound to audible sounds. /TIM YANO special to the *Times*



Matt Duchene Charity Golf Classic a success

by CHRISTINE CARR

Times Staff

Golf was in the air on Friday, July 21 as the Matt Duchene Charity Golf Classic returned for a new year under mostly sunny skies at the Blairhampton Golf Course. Netting over \$900,000 in proceeds since its inception, this was the most successful year yet for the golf classic, raising \$209,000.

With 153 golfers registered for the classic and 170 golfers for the dinner, the event was undeniably a success. A large number of volunteers of all ages helped ensure the event ran smoothly, with the committee and Duchene family meeting weekly to prepare for the event for over four months.

Prior to teeing off, Haliburton local and Dallas Stars NHL player Matt Duchene spoke about why the tournament means so much to him. "It is an honour to be a part of it and give back any way I can. I'm really proud to be from here and we have an amazing community in Haliburton County," said

A true community event, this year's tournament had a number of auction and raffle prizes, golfing competitions, a Re/ Max hot air balloon, as well as a barbecue lunch sponsored by McFadden's Meat Market and a smoked brisket provided by Kennisis Lake Marina. Other local businesses also provided food and snacks, with salads from Molly's Bistro and desserts from the Portuguese Princess.

The proceeds from the golf classic are earmarked to purchase diagnostic imaging equipment such as a CT scanner and a mammography machine in order to better suit the needs of the community.

"We don't have [a mammography machine] here. There is no one in the county or the general vicinity. There are minimum 6000 at-risk women in the area," said Melanie Klodt Wong, executive director of Haliburton Highlands Health Services.

"It is great to get everyone from our community and out of town. Adding a CT scanner to the community is going to be huge. I've been able to use that several times in my career ... it can detect things that x-rays and MRIs can't so it would be amazing for our community to get," said Matt.

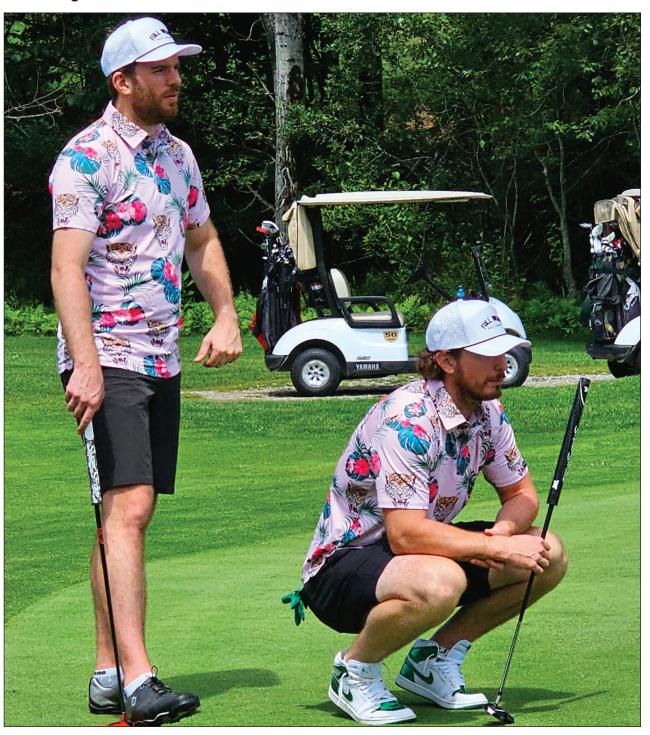
Matt's father, Vince Duchene, joined the organizing committee to help make the event a success. He described why he felt it was important to ensure the event continued after COVID-19.

"Troy [Austen] and I said, 'Why don't we get involved and get this thing going again'... and everyone just stepped to the plate. The community support was unbelievable.. My son said this: 'Dad, Haliburton County needs health care. Period.' That's why we're doing this," said Vince.

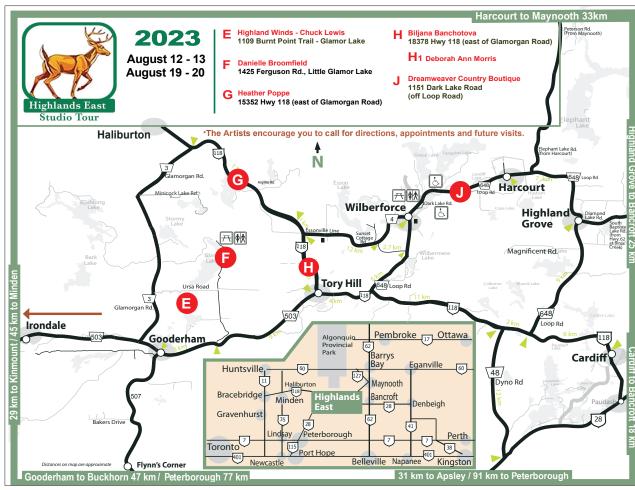
With record-breaking proceeds organizers are appreciative of the community effort and collaboration that went into making this the most profitable year yet.



Bernie Nicholls, Matt Duchene, and Rick Lowes laugh during a question and answer period during the HHHS Charity Golf Classic, /DAVID ZILSTRA Staff



Ryan Bottum and Matt Duchene watch as their team plays on Friday. /CHRISTINE CARR Staff



The art of grieving

LIFE WITHOUT grief is not possible – unless you're willing to settle for a life without love. ■ They come in tandem, inseparable, matched in size and sizzle. If we aspire to a big, full, juicy life, we should get good at grieving.

What would that look like? I've just listened to seven podcast episodes by Gavin Crawford, Let's Not be Kidding, about him losing his mother to Alzheimer's and



FAY MARTIN Poke, Peel, Pair, Ponder

eventually, long eventually, to death. It's a sad story but he's a comedian, as are most of the friends he includes who are also losing parents to dementia, so there are lots of laughs. It's hard to laugh about sad things without seeming disrespectful. They walk that line. Deep digging, dark humour.

My empathy with Gavin frequently defaults to comparison that borders on competition –

not a good thing. I too lost someone I loved to dementia and it was, as Gavin's, a big hole, a huge loss of sizzle in my life. He lost the mother who loved who he was and who/what he became; I lost the spouse who nurtured me

into becoming all that I could be, as, I think and hope and believe, I did him. There are equal signs between the experiences; there are also not-equal signs.

I've given a lot of thought to the difference between adult child caregiving and spousal caregiving for people with dementia. Partly because the literature about living with dementia tends to be written by adult children, perhaps because spouses are too consumed or too broken to make the space to share their experience. I want to honour the adult child experience but I resist the tendency for it to replace my experience. Different but equal. Please.

The slash that differentiates equal and not-equal, that signifies the nature of the difference, is reciprocity. Spousal relationships are reciprocal; parent-child relationships are hierarchical. Dementia – perhaps aging in general, but dementia in pastel particularity – creates dependency, which up-ends the child-parent relationship and wrenches reciprocity into hierarchy.

Upside down hierarchies are not easy, but they are reminiscent of what they were – as manifest in the 'jokes' about 'they changed our diapers and now we change theirs.' Aurora Brown, of Baroness von Sketch fame (episode 6), identifies incontinence as the threshold that leads to the decision 'to put the person away'. Jann Arden, iconic singer, says 'Nobody wants to do that for their parents' and the comic gang expand, with dark humour, on the differences between baby and senior diapering. Jann kept her mother at home with hired staff costing \$22,000 a month – which meant she was on the road to earn the necessary money, living with the stress of not being able to be two places at once: the line for her was her mother coming perilously close to burning the house down during the 40 seconds Jann snatched from active surveillance to take a pee. Upside-down hierarchies are not easy.

The loss of spousal reciprocity is less evident to outside eyes. The adult child stress of being two places at once gives way to the spousal exhaustion of 24/7 care. Gavin, while extolling the challenges of his parents visiting him and his husband for a month, doesn't mention that there is a father/husband in the picture until episode 3, and tells no other stories of how his father managed caregiving until he describes his father 'hoofing' his mother's wheelchair into the care home when they returned from a drive, making the quick getaway he knew to be the best way, even though it looked uncaring and disrespectful. Gavin jokes about the many clever ways he manages his mother not recognizing him, but passes lightly over his dad calling a child other than Gavin (I think I know why) 'quite beside himself, just desperate to say ... could you just tell your mother I'm me.' Scott Thompson, of Kids in the Hall fame (episode 6), is more introspective. He acknowledges that he 'didn't quite understand how much pain [his caregiver father] was in because I was so angry at him.' It's not clear what the source of anger was, but recognizing it allowed Scott to acknowledge that, although his parents had many children, 'this was a love affair, and we [children] are all secondary ... We were not their number one priority. Each other was.' That's reciprocity.

Heart-break does not come in tidy packages. It surprises us, how and when and where it cracks us open. There is no pill to take, no prescribed rehabilitation, no guarantee or even reliable prediction about how healing will proceed. In fact, I question that healing is the goal. I prefer 'interment'. We use it to mean burial of mortal remains, but the derivation is 'to place within'. Within the earth, yes, maybe. But certainly within our hearts and lives, leaving them scarred, yes, but bigger and stronger and better prepared for our eventual departure. That's grieving.



SUDOKU SOLUTION

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Elevating accessibility in Minden

by EMILY STONEHOUSE

Editor

The Highland Hills United Church (HHUC) believes that everyone should have access to participate.

That is why they have officially launched their "Lift Us Up" campaign to raise \$80,000 for a lift inside the facility. "It's not just for our congregation," said Reverend Max Ward, who just recently celebrated 20 years at the church, "but we use this space for weddings, funerals, concerts, and rentals, and evervone would benefit from this.'

While the need for the lift is noted within the church, by adding this tool, the building is also one step closer to meeting the accessibility standards required by the province of Ontario. The Accessibility for Ontarians with Disabilities Act (AODA) was launched in 2005, and mapped out a ten year plan to develop accessibility standards across the province. The law aims to identify and remove barriers to accessibility, including training, customer service, and infrastructure.

The deadline for compliance reporting on AODA standards is December 31, 2023. If at this time organizations are not making an effort to meet the standards, they can be fined up to \$100,000 per day.

While Ward recognizes the need to meet accessibility standards, and how a lift in the facility would truly help many patrons, it is worth noting that there are minimal funding opportunities available for smaller organizations to meet the accessible standards. "We will never be able to do this on our own," said Deanna Wruth, the Highland Hills United Church administrator, "this is something we have to do as a community.'

A quick Google search will turn up funding opportunities for businesses, tourism organizations, and schools, but churches fall outside many of those applicable funding regulations.

With this in mind, Ward and Wruth have had to turn to the community to seek support. There was an internal committee that was struck to brainstorm ideas, and some creative ones include meal gift certificates from local restaurants, a cookbook, and a "bake less church bake sale," to which Ward shared is designed to "skip all the work" in favour of direct donations.

The concept for the lift has been in the works for years, but with COVID slowing things down, Ward said that they just announced on July 16 that the fundraiser is kicking off. He shared with the congregation that construction will likely take place in early fall, completed by James Baldry, but with township requirements, construction will likely be pushed right through the winter

Overall, Ward said that the community support for the lift has been welcome so far. with local businesses eager to get involved with fundraising, and folks who use the church happy to help. "I think this will be successful," he said.

On top of traditional fundraising, the HHUC is also offering the opportunity to donate online, by clicking on the "Lift Us Up" tab on their website. The church has started a "lift thermometer" to track the progress made. For more information, follow the Highland Hills United Church online, or call 705-286-1470.



Reverend Max Ward celebrates kicking off the official "Lift Us Up" campaign through the Highland Hills United Church in Minden, where he is hoping to work with the community to raise money for a lift at the church. /EMILY STONEHOUSE Staff

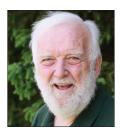


Disappearing acts

WO RECENT disappearances have me puzzled. Just like magic, two signature, weekly events in two communities have all but disappeared from view. No, they are not gone completely, but their furtive existence has this writer and quite a few people confused.

Let's start in Minden. Several years ago, someone decided that the weekly musical entertainment known as Music By The Gull, should relocate to the community's fairgrounds. As far as we could tell the consultation with those involved was minimal. The most important component in

this event, the audience, was not consulted.



JACK BREZINA

Point of View

Music By The Gull has a special place in my heart. It was started by this newspaper when I was the publisher. Since then it has morphed into a community-owned event overseen by volunteers, supported by local businesses and a service club. The weekly Friday night concert showcased local musical acts that attracted sizeable

audiences. Even when the cooler winds of August arrived, people with kids in tow would trundle their lawn chairs to Water Street and set up for an evening's entertainment. Boaters would motor in from downstream and enjoy the concert from the water, while others had favourite spots on the far bank from which to watch and listen. The blocked off road was not an ideal location, but the river added a nice ambience and the paved expanse between the musicians and the listeners provided a space for the imagina-

tions of children to take flight and occasionally for their parents or grandparents to dance as well.

As much as I am delighted to have the fairground space in the community, there are many reasons the move was dead wrong. There may be a stage in which to shelter the musicians, but there is little protection for those watching. It is difficult to cut a rug on the uneven sand and sod and the setting near the beautiful river is gone. While there may have been some concerns about closing Water Street to traffic, the reclaiming of the road for even a couple of hours, was not intolerable. The closure, with agreement of the municipality and notification to emergency services, also created a bit of serendipitous discovery for drivers, many of whom took advantage of the situation, parked their vehicles and paused to enjoy the music.

There are four eateries within hearing distance of the Friday night concerts (three with a view of the show) who no doubt benefited from the crowd attracted to the event.

I hear from people who say Minden has "gone to sleep". Between Canada Day and the Minden Pride Streetfest, it seems to have entered a hibernation phase. And that is sad.

Music By The Gull gave us a chance to showcase local talent, to enjoy a weekly free community experience and celebrate the beauty of the Gull River and our natural setting. Bringing it back to where it belongs would be a big step to reinvigorating the village.

Driving into Haliburton village on a mid-day Tuesday in the summer on County Road 21 was always a test of one's patience. The Farmers' Market was in progress at Head Lake Park and shoppers as well as confused rubber-neckers would clog the downtown, either looking for a place to park or a way through the tangle of traffic. While there are still days when the traffic in the village is busy in the summer, it is less so on Tuesdays.

The reason: the Farmers' Market has been moved across the footbridge to a location closer to the beach and tennis courts. The move has been met with complaints from shoppers, downtown businesses, motorists and the market vendors who have noted a drop in sales and visitors. As I understand it, the main reason for the municipality making the location change was the pending installation of new playground equipment on the downtown side of Head Lake Park, which was slated for May. It hasn't started yet. Like the music in Minden, the lack of visibility and less accessible and pleasant setting has resulted in a dramatic drop in attendance.

Another disappearing act with unfortunate consequences. There is no doubt the Haliburton Village Farmers' Market was the most popular of the three in the county. A large part of that was due to the visibility the location provided. That spot, in front of the Rails End Gallery, also provided downtown businesses with a boost on a quieter day of the week. One need only see what this past weekend's Art and Craft Festival did for the village, hosted in the same location as the market used each week, to realize how activities like this spill over into all aspects of the community.

Perhaps at the time there seemed to be valid reasons for these two moves, but they, like a magicians slight of hand, have turned into mysterious disappearing acts. In both cases the resulting impacts have been devastating. It is time for a rethink in both instances.

Sudoku brought to you by



Fun By The Numbers

Like puzzles?
Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Answers on page 10

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Spiritual rest and relaxation in the Highlands

by CHRISTINE CARR

Times Staff

Dimensions Healing is offering a new program for those looking for a little more wellness in their lives. The Summer Wellness Series is a new program offering all-inclusive wellness experiences for those desiring a natural reset. The series runs from Aug. 8 to Sept. 3 and is designed to offer brief but needed resets for those exhausted from the demands of everyday life.

The Wellness Retreat varies slightly from Dimensions other programs, being run similar to a spa. According to their press briefing, "guests receive pre-arrival activities and treatments consultation. The experience is enhanced by the healing properties of such all-inclusive spa rituals as biofeedback and floatation tank sessions, and summer water activities, including kayaking, canoeing and paddle boarding. Dimensions' signature group sound baths and forest bathing are among other featured inclusions."

Melissa Tong, a registered massage therapist (RMT) at Dimensions Wellness, spoke about the goals of the new experience.

"The goal for the wellness center is specifically focusing on individuals who are looking to step away from their everyday busy and really pamper themselves and enjoy ... For the wellness retreat, it is really focusing on individual wellness in a rest and restore kind of space," said Tong.

"It is all-inclusive. You have your own cabin, you have your delicious meals from our beautiful chefs in our kitchen.



RMT Melissa Tong sat down with the Times to discuss the vision of the new retreat programs offered at Dimensions in Algonquin Highlands. /CHRISTINE **CARR Staff**

Everything is as organic and possible and as artfully catered." locally found as possible. We try to keep a low impact with little waste. Everything is of spiritual and mental health, which is why

Tong has long believed in the importance

she believes so strongly in championing the work of Dimensions healing.

"What does that look like? Where does that begin? I think we need to begin with the individual in the soul. We can have physical ailments ... but we have to work on [mind, body, and spirit] to be whole," said Tong. She believes that to truly recover and succeed in today's busy world, you need to focus on the mind, body, and spirit for the whole experience.

"You can't just go to the gym and expect everything to be ok. You can't just eat healthy and expect everything to be ok. We have to take care of our minds and ... we have to start looking at health as a holistic piece," said Tong.

Tong spoke about how today, more than ever, people are beginning to believe in being advocates for their own mental health and restoring their natural ways of being.

"The work that is being done at Dimensions is pretty special because it is allowing a safe space for people to come and work on whatever they need to work on... for me, it is a company that is very heart led. They are doing it ... not with their ego, not with their bank account, but from the bottom of their heart. That is rare in business in general," said Tong.

The summer wellness series at Dimensions Retreat is run by over 20 professionals. Dimensions is located at 1218 Canopy Lane and all retreats are dog friendly and cannabis friendly. Reservations may be made with HiBnB, Airbnb, or via Dimensions.com.



SALE OF LAND BY PUBLIC TENDER

Municipal Act. 2001 Ontario Regulation 181/03, Municipal Tax Sales Rules

THE CORPORATION OF THE TOWNSHIP OF MINDEN HILLS

TAKE NOTICE that tenders are invited for the purchase of the land(s) described below and will received until 3:00 p.m. local time on August 14, 2023, at the Township Offic

Legal Description:

- PT LT 13 CON 14 SNOWDON PT 5 19R2400, EXCEPT PT 1 19R5404; MINDEN HILLS. BEING ALL OF PIN 39309-0182 (LT).
 Roll # 46 16 042 000 11200 0000 Township of Minden Hills Municipal Address: N/A Minimum Tender Amount: \$7,408.47
- PT LT 16 CON 10 MINDEN AS IN H35319; MINDEN HILLS. BEING ALL OF PIN 39190-0078 (LT).
 Roll # 46 16 032 000 59600 0000 – Township of Minden Hills Municipal Address: N/A Minimum Tender Amount: \$5,849.96
- PT LT 15 CON 3 SNOWDON AS IN SN2258; MINDEN HILLS. BEING ALL OF PIN 39220-0120 (LT).
 Roll # 46 16 041 000 24600 0000 -Township of Minden Hills Municipal Address: N/A Minimum Tender Amount: \$7,118.51
- PT LT 8 CON 9 SNOWDON PT 2 19R5597: MINDEN HILLS. Roll # 46 16 041 000 56855 0000 – Township of Minden Hills Municipal Address: 1113 Vick Road, MINDEN, ON, K0M 2K0 Minimum Tender Amount: \$6,489.31

This sale is governed by the Municipal Act, 2001, and the Municipal Tax Sales Rules made under that Act

Further information about this matter is available online at www.mindenhills.ca/tenders/, or you

Sherry Mulholland, Deputy Treasurer THE CORPORATION OF THE TOWNSHIP OF MINDEN HILLS 7 Milne Street, P.O. Box 359, MINDEN, Ontario, K0M 2K0 Telephone: (705) 286-1260, Ext. 501 Email: smulholland@mindenhills.ca Township website: www.mindenhills.ca



Managing summer screen time

We all know that screens can serve as a useful tool to find quiet time for both children and adults, and a source of education, entertainment, and social connection. Knowledge of technology is also necessary for success at school and almost every field of work. But recent studies have shown that too much screen time can result in problems with focus and executive functioning - the ability to plan, focus attention, remember, and multitask - all the things we need for school, work and general life functioning. Some types of screen time, such as immersive video gaming, can lead to sensory overload and behaviour change.

But raising kids in a digital age makes it easier than ever to fall into a summer of screen time, when kids have less structured activities, and caregivers must contend with childcare and work. So how do we find balance?

While many busy families can't organize a structured screen time system, one simple strategy is to set a timer. For example, setting 30 minutes screen time followed by 30 minutes of independent reading or one-on-one activity.

Another way to find balance is to enrich everyday household "off-screen" activities through tuning in, being presently engaged, and just talking more. With younger children, talking about even the most simple, mundane things ("I'm feeding the dog now,

help me feed the dog") can build vocabulary and positive attachment. "Your lap is better than any app" is a saying that implies while your child may seem to want YouTube, sitting, getting close and having a conversation can strengthen both your attachment to your child and their own cognitive development.

For older children, setting parental controls in to filter out in appropriate content and limit daily time spent on their phone or iPad is essential. While time limits and content quality may be different during the summer, setting boundaries, explaining why they are important, and making a plan together can make children feel part of the discussion and decision making.

Finally, examining our own relationships to screens as caregivers and role models can sometimes yield surprising insights. Can we wait to check a phone notification until after a conversation or activity is complete? Can we keep our phones out of sight during mealtimes and bedtimes? Can we set an evening time cutoff for all electronic devices? How can we better use screen time to connect and create? Asking ourselves these often difficult questions can help to set fair standards for everyone in the household.

Submitted by Point in Time Centre for Children, Youth, and Parents

Support the Kinmount and District Health Centre

KDHSF invites you to join the fun at the Journey for Health 25th Anniversary Celebration on Sunday, Aug. 13, 9 a.m. to 1 p.m. Registration at 9 a.m. atAustin Sawmill Heritage Park

Collect pledges in advance or make a donation of \$10 or more the day of the event to register and be eligible to win great draw prizes. (To be drawn at noon).

Bring your family, friends and neighbours to enjoy:

- Walking, jogging, or biking the beautiful Rail Trail
- Lions Club Pancake Breakfast (pay what you can)

- Visit the Railway Station & Heritage Centre
- Kinmount Library Used Book Sale
- Lawn Games

Funds raised will assist in our ongoing efforts to recruit additional health team members and to make improvements to KDHC.

For more information please visit www. kdhc.ca, the Kinmount & District Health Centre Facebook page or email kdhsf@kdhc.ca

Kinmount District Health Services Foundation Charitable No. 89835 0111 RT0001.

Submitted



Kickin' it old school

The Haliburton Grassroots **Athletics** Soccer league played on Thursday, July 20 in the Haliburton High School field. Kids from all over the county participate on a weekly basis. /ADAM FRISK Special to the Times



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Karaoke Contest at the Dropzone!

When: Saturday July 29 at 2 p.m. Where: West Guilford Recreation Centre, 1061 Kennisis Lake Road

Join us for a fun, family karaoke event at the Dropzone in West Guilford. Cash rewards for top 3 performances, and prizes for everyone brave enough to get on stage! Please register for a spot by emailing info@familiesinmotion.ca with your name(s), age(s), and choice of family-friendly song. Visit www.thedropzone.xyz or our facebook page at @thedropzonewestguilford for more information.

Let's Jam! Kids Music Event

When: July 30th, 1 to 2:15 p.m. Where: Sirch Bistro, 49 Maple Ave. Haliburton Free Drop-in event for kids to experiment on a variety of provided musical instruments and to connect with the Music Exchange Haliburton if they are in need of an instrument.

Acoustic Song Circle/Jam

When: July 30, 2:30 to 4:30 p.m. Where: Sirch Bistro, 49 Maple Ave. Haliburton Bring yourself and your instrument and jam along or share your songs in a supportive and relaxed environment.

Beauty in Biodiversity

When: Tuesday Aug. 1, 7 pm Where: Minden Community Centre,55 Parkside Street Minden & District Horticultural Society invites you to come and listen to our guest Speaker Caroyln Langdon, Master Gardener, on the topic of 'Beauty in Biodiversity, The Role of Native Plants in Conserving .

Minden Legion Branch 636

Lunch - Monday to Friday Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m. Tuesday: Food 5 p.m. Canoe FM Bingo

6 p.m. **Thursday:** Cribbage 1 to 3 p.m.,

Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.

Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.

Every other Friday: Karaoke 8 to 11
p.m.

Friday Fish & Chips & Wings Lunch

Friday Fish & Chips & Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m. Every other Friday Karaoke 8 to 11 p.m. Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m. Call ahead any day for take-out: 705-286-4541

Schedules are subject to change without notice. Check our Facebook page Minden Legion Branch 636 for more info.



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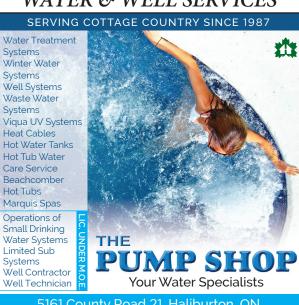
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220 YARD/GARAGE SALES

Massive Yard Sale- Saturday, August 5 from 9 a.m. to 4 p.m. 1449 Old **Donald Road** Haliburton. Items include furniture antiques dishwasher flatware electronics and far too many more items to list. Proceed to sell. Everything must go.

Community Yard Sale Saturday, Aug. 5, 9am - 3 pm. 17502 Hwy 35 Halls **Lake**. This is worth the drive to Halls Lake. Yard Saler's DELIGHT! One stop - Several Families coming together in one location. Just an ice cream lick from the Halls Lake CHIP SHOP. Vintage Items Collectables Tools Toys-More items than can be listed!

Garage Sale – 5019 County Road 21. Please call first at 705-341-8291 no texting or stop by when the sign is out.

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The Haliburton Highlands Health Services (HHHS) currently has an exciting opportunity for energetic and experienced individuals to join the team!

PHYSIOTHERAPIST

(Full-time Permanent, Full-time Temporary, Part-time Temporary)

The Physiotherapist position will mainly support Haliburton Highlands Health Services Acute Care and Outpatient Clinic departments in addition to Long Term Care (LTC) clients. The assignment may change as required, to fulfill patient care needs.

Due to the diversity of the program, the Physiotherapist's caseload ranges from post-surgical patients, orthopaedic and neurological injuries as well as those who have medical or long-term care requirements.

QUALIFICATIONS:

- Baccalaureate or master's degree in physical therapy
- Licensed and a member in good standing with the College of Physiotherapists of Ontario
- Current C.P.R. certification
- Strong interpersonal skills and ability to work collaboratively within an interpersonal team
- Good organizational and verbal and communication skills
- Experience in a hospital-based physiotherapy program preferred
- Two years of experience preferred
- Evidence of ongoing education in geriatric, rehabilitation and orthopaedics preferred

If you are interested in joining the HHHS team for the above position, please submit your resume in confidence to:

Human Resources
Haliburton Highlands Health Services
Box 115, Haliburton, Ontario, K0M 1S0
hr@hhhs.ca
Fax: 705-457-4609
www.hhhs.ca

Haliburton Highlands Health Services thanks all applicants, however, only those selected for an interview will be contacted. If you are contacted by HHHS regarding a job opportunity or testing, please advise if you require accommodation due to a disability. Information received relating to accommodation needs of applicants will be addressed confidentially.

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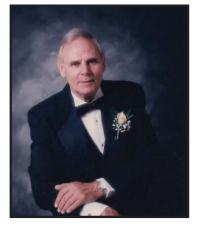
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650 OBITUARIES



In Loving Memory of Walter Viktor Stegmaier

It is with great sadness that we announce the passing of Walter Viktor Stegmaier.

Walter resided in Minden, Ontario from 1993-2005. He was 88 when he passed away on June 23, 2023, surrounded by his family.

He leaves behind his wife of 57 years Patricia, his daughters; Krista, Lisa, Sylvia, his late son Ralph, his many grandchildren, and great-grandchildren.

A Celebration of Life will be held at our home at Lavender Valley Farm, 5505 6th Line Cookstown, L0L 1L0 on July 29th. Join us in celebrating Walter's Life between 1-4 pm.

Condolences may be forwarded through lavendervfarm@gmail.com



HHHS not part of higher emergency doc payouts

Concern expressed over potential for bidding war for MDs

by Ariel White

A government plan to help small Ontario hospitals, may end up damaging the stability of the hospitals in the Highlands. While 27 Ontario hospitals will receive a financial boost to pay emergency physicians, the Haliburton County hospitals will not.

The Ministry of Health recently announced that 27 Ontario hospitals would receive funding to increase emergency doctor payments to \$100 per hour. Currently the Minden and Haliburton hospitals pay \$70 per hour. Emergency departments at hospitals in Bancroft and Huntsville will receive the additional funding boost.

The announcement was a topic of discussion at the July 29 Haliburton Highlands Health Services board of directors meeting. According to HHHS
Executive Director Foster Loucks, the
Ministry of Health targeted the additional funding to those hospitals which reported they were having a serious crisis in maintaining their emergency rooms. "We had not expressed that concern because I felt that the situation here is stable," said Loucks,. He suggested the other hospitals did have a genuine need for the funding.

"We're raising the bar from \$70 to \$100, and as long as we continue to receive funding it is not a concern. It is a concern if it starts a bidding war between communities. There is a limited supply of doctors. We're going to be left without the resources to compete

in the bidding," said Loucks.

Although he is confident that the government funding is merely a short term solution, if it were to continue, the extra money may lure emergency doctors away from this area. He suggested they would be attracted to other areas where they would receive more money. "Even in the short run I'm concerned that this announcement has opened up a certain amount of inequity," said Loucks.

In response to the announcement, the Haliburton Highlands Health Services board will write to the Minister of Health and MPP Chris Hodgson expressing its concern over the problems this solution may create with of Commerce sometime this year. other small hospitals in the province.



Millie Struik and Irene Moxam demonstrated the fine art of quilting during the annual Quilt, Rug and Fibre Art Show at the Minden Community Centre during the weekend. In addition to demonstrations, visitors were able to enjoy displays of quilts, hooked rugs and historical items. For more photos from the show, please turn to page 16.

County gives \$68,000 for area promotions

Haliburton County Council has approved almost \$70,000 which it hopes will boost tourism and awareness of the Highlands. The money will be spent in a variety of ways to market Haliburton County as a four seasons destination for anyone and everyone.

Warden Elva Bates spoke on behalf of the County, at the presentation at PineStone resort on July 30. Bates talked of the founding fathers of the Highlands and how the pioneers migrated north to what is now Haliburton County in the hopes of finding a land of opportunity. "Those of us who live here still consider this a land of opportunity," said Bates.

Three groups received the marketing money, including the Bancroft Chamber of Commerce, the Haliburton Highlands Trails and Tours Network and the Algonquin Snowtrail Alliance. All three groups made presentations to County Council recently, asking for assistance. Council made the decision to back the projects with the hope that their effort would promote the county to a large group of people with a variety of interests.

Perry Kelly, treasurer of the Bancroft Chamber of Commerce received a cheque for \$20,000. The funding will go toward the marketing of the eastern municipalities of Haliburton County, as well as promoting local business and maintaining mining collections and tours in that area. Warden Bates added that the council is eagerly awaiting a formal presentation the Haliburton Highl

The Haliburton Highlands Trails and Tours Network received \$18,000 for two direct marketing projects on which it will be working. Three trail information kiosks will be constructed at various gateways into Haliburton County. The kiosks will contain information on trails and tours in the area, as well as information on accommodation, restaurants and services available in the area. The county contribution is one-third of the total cost, with another third coming from the Millen-

(more on page 21)



Raising his arms in victory, Darren Jermyn is the first to cross the finish line in the 1999 edition of the Heineken Yard. Despite searing temperatures, 322 runners took part in the annual run from Camp Onodaga to downtown Minden. Jermyn, who competed in the 20-29 age class, completed the run in 23 minutes, 43 second, 59 seconds ahead of the next runner.

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